

OCTOBER 2019

Healthy Starts at Home

Did you know that Child Health Day is on Monday, October 7th? Our nutrition department is proud to partner with you in helping your student develop healthy habits that will last a lifetime. This month, make some time to visit www.choosemyplate.gov/kids. You'll find games, activities, videos, and more that you can share with your student!

Seasonal & Sweet.

Looking for a healthier alternative to Halloween candy? Serve up something seasonal and sweet: Apple Nachos! Fun to prep, fun to top, and fun to eat – apple nachos are a dream dessert! Start with thinly sliced apples, then go to town on toppings! Popular choices are peanut butter, granola, chocolate chips, or even shaved coconut!



Pizza Party!

Did you know this month is National Pizza Month? That makes October the right time to serve up a slice of everyone's favorite food... and the pizza of today is limitless! Whether you're dining out, ordering in, or starting from scratch, the best part of pizza is there's something for everyone to enjoy. Pizza also makes it possible to accommodate allergies – check your grocer for gluten free and vegetable-based crusts, dairy free cheese, and more to make your pizza perfect!



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

rethinkschoolmeals.com

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This document provided to you as a Wellness Resource.

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